



**“Quitting
smoking
gave me a
whole new
lease on life.”**

My doctor told me that if I quit, I could cut my risk of dying due to smoking in half over the next 15 years and greatly lower my risk of getting heart disease and cancer. That was all this long-time smoker needed to hear.

**Live Like Your Life
Depends On It.**

Live Well

MESSAGE ALLIANCE



www.dhss.mo.gov